

AMEND THE ABSTRACT:

This ~~[[new foot pad or]]~~ pedal ~~[[type]]~~ exerciser allows ~~[[for]]~~ normal walking ~~[[, jogging,]]~~ and running in place on pedals (16, 17) reciprocal ~~[[primarily]]~~ back and forth, ~~[[and provides]]~~ with means for returning the pedal from varying strides ~~[[lengths]]~~ to a forward step-down position in response to ~~[[a]]~~ user's end of stride action of stepping down on the forward pedal and lifting the other foot ~~[[from]]~~ at the rear ~~[[pedal]]~~. ~~Improved step impact cushioning is provided compared to treadmills, the only other exerciser allowing variable length normal stepping type strides, with cushion means (14, 15) on or under the pedal, some versions providing vertical pedal deflection means (40, 41) to both reduce step-down forces and provide energy to return to the opposite pedal. The means for returning applies a return force to a pedal only during its return stroke, avoiding a high force opposing user's stride as occurs with elastic return means. This enables high return forces to return the pedals at high stride rates and long strides without high user stride effort, making possible pedal exercisers allowing normal, varying walk-run strides as on a treadmill but without a motor drive. Mechanical and pneumatic versions are described, [[as are user powered]] manual and motorized [[versions]], [[both types]] providing automatic stride length [[and]] , speed variation and stopping means (131, 132) responding to [[the]] user's foot force.~~

AMEND THE SPECIFICATION:

Applicant has not made any changes to the specification except for the Abstract (as above) at this time, but expects to make revisions to the specification and drawings at a later date depending on final disposition of the claims.